

Friday, August 15 | 2025 USA Gymnastics Region 6 Congress

	Bristol A/B	Grand Ballroom 1	Rotunda	Grand Ballroom/Exhibit Hall	Atrium	Tiverton	Newport
8:30-9:30 am	Pat Panichas Deciphering Up to the Level Composition: Level 8-10 Floor Exercise Acro and Dance	Tammy Biggs Twisting on All Events	Byron Knox 10 Areas to improve Flexibility for Women's Uneven Bars	Michelle Kocan Games, Games, Games! For Class & Team!	Natalie Gurnett From Fear to Freedom: Guiding Gymnasts to Overcome Mental Blocks	April Sawyer Preschool Theme Weeks	Claudia Kretschmer It's a Whole New World of Customer Service
9:45-10:45 am	Catherine Batsche Yurchenko Vaults: Seeing & Judging	Mary Wright Breaking Down the Dance Skills Needed To Be Successful	AJ Bunker Foundations of Floor Tumbling	Hands On Spotting: Recreational Skills on all Events	Steve Greeley Cheez-ology: The Many, Many, MANY Educational Ways to Use a Wedge Mat	April Sawyer How to Have a Program for Athletes with Special Needs	Katrina McCarter BOTTOM DOLLAR: Reaching Moms on a Zero Marketing Budget
10:45-11:15 am	Break (Visit Exhibit Hall)						
11:15 am-12:15 pm	Pat Panichas What is Your Process? From Start to Finish	Byron Knox Linear Speed for Tumbling	Tammy Biggs Strategies for Training at Any Age	Hands On Spotting: UB: Kips FX: Front & Back Handsprings BB: Basic Acro Skills	Michelle Kocan Vault: Is the Run Even Important?	Kerry Bair Sports Nutrition Basics: A Coaches Conversation	Hannah Lobdell Rule Your Gym!
12:15-1:45 pm	Lunchtime Learning: 1:00-1:30 Pat Panichas: National/Brevet Categories: What do you Need?	Lunch Break					
1:45-2:45 pm	Catherine Batsche Focus on Footwork: More than an Afterthought	Natalie Gurnett Stronger Every Fall: Coaching Gymnasts Through Adversity and Setbacks	AJ Bunker Creating a Yurchenko	Hands On Spotting: UB: Clear Hips FX: BHS-BHS, Front Handsprings, Front Tucks	Claudia Kretschmer No More Dip Kicks! Making Recreational Beam Fun!	Steve Greeley 31 Ways to Retain Your Recreational Students Longer Through Awesome Creativity!	Lena Ursova HR Essentials for Gym Owners: Building and Managing a Winning Team
3:00-4:00 pm		Mary Wright Guiding Athletes Through Skill & Strength Development and Training Phases	Pat Panichas & Jamie Winkler Women's Development Program Update	Claudia Kretschmer & Gail Caspare Xcel Beam: Judge it, Drill it, Fix it!	Michelle Kocan Trampoline and Tumbler Trak Basics	Hannah Lobdell Coaching Zen: Master the Art of Behavior Management	Katrina McCarter Marketing to GEN Z: Tomorrow's Cashed-Up Mom is Here Now
4:15-5:15 pm		Matthew Power Indestructible Ankles: Evaluate, Rehabilitate, and Prepare your Athletes' Ankles for the Intense Demands of Gymnastics	Pat Panichas & Gail Caspare Women's Xcel Program Update	Mary Wright The Full Turn on Beam: Start Here	Tom Bair No Table? No Problem! Vault Drills and Side Stations	April Sawyer Deconstruct Skills and Improve Your Ability to Make Successful Corrections	Katrina McCarter Redefining Success



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7:45-8:25 am				Morning Stretch with Annette Robert Koerth				
8:30-9:30 am	Pat Panichas & Windee Weiss Sticking the Landing: From Smooth Touchdowns to Crash Landings	Steve Arkell BARS The Big 5: Handstand, Circle, Front Giant, Back Giant, Flyaway	Mary Wright 10 Skills to Take Your Team to the Next Level	Claudia Kretschmer Choreography for Anyone!	Brant Lutska Tumbling Safely: Mastering the Basics and Beyond (Floor Exercise)	Dr. Elly Hart Injury Prevention: Now and for the Future	Sean Dever Lower the Degree of Difficulty on your OPERATIONS!	
9:45-10:45 am	Catherine Batsche What Would You Do? Responding to Difficult Judging Situations	Steve Arkell Physical Preparation	Tammy Biggs Active Flexibility for Tumbling and Leaps	Hands On Spotting: UB: Flyaways BB: Acro Connections FX: Aerials, Front & Back Tucks	Steve Greeley The 11 Unbreakable, Unshakable, Unbreachable, Everlasting Laws of Recreational Coaching	Windee Weiss It's Not a Sprint, It's a Marathon: Burnout Prevention Strategies	Annette Robert Koerth Business 24/7/365	
10:45-11:15 am				Break (Visit Exhibit Hall)				
11:15 am-12:15 pm	Windee Weiss Practice Judging Levels 3 & 4: What's your Score?	Jay Villegas Advanced Vault	Mary Wright Believe In Me: Understanding Perfectionism	Hands On Spotting: UB: Low Bar Giants FX: Roundoff, Back Handspring, Back Tuck & Beyond	Brant Lutska Developing Strength and Flexibility in Young Gymnasts	April Sawyer Preschool & Recreational Beam	Sean Dever Taxes: They're Just as Much Fun as Back Handsprings!	
12:15-1:45 pm	Lunchtime Learning: 1:00-1:30 Pat Panichas: National/Brevet Categories: What do you Need?				Lunch Break			
1:45-2:45 pm	Windee Weiss & Gail Caspre Xcel Angels and Idiosyncrasies	Steve Arkell Combination Tumbling on Floor for Maximum Bonus	Nicole Langevin PreTeam Training	Marlyce Morace Hands On Spotting: UB: Overshoots VT: Yurchenko Training BB: Dismounts	Annette Robert Koerth Lesson Planning	April Sawyer What to do with Babies Who are Not Walking Yet	Steve Greeley Mapping Out 12 Months of The Customer Experience	
3:00-4:00 pm	Catherine Batsche Uneven Bars: Amplitude of Release Elements	Dr. Elly Hart & Team Athlete Wellness Bootcamp (This is a 2-hour session)	Jamie Winkler Compulsory Beam Routine Problem Areas: Train to Fix	Claudia Kretschmer Floor Line Drills & How to Develop Combination Tumbling for Xcel	Michelle Kocan Using Balance Beam to Train Other Events	Brant Lutska Dynamic Duo Delights: 101 Ideas for Parent-Child Gymnastics Bonding	Sean Dever 10 Solutions to Problems Small Business Owners Face	
4:15-5:15 pm	Pat Panichas & Windee Weiss It's Not in the Code of Points!!		Nicole Langevin Cast Handstands, Handstand Shaping, Press Handstands & Pirouetting	Tammy Biggs Beam Dance Skills & Beam Complex	Annette Robert Koerth Preschool & Recreational Bars	Thomas Alberti Recreational Gymnastics: Ninja Style	Steve Greeley How to Make Better Leadership Decisions for You and Your Staff	
5:30-6:30 pm	Judges Testing	NCAA Update Jenna Kardabill + College Coach						
5:30-7:30 pm								



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	Bristol A/B	Grand Ballroom 1	Rotunda	Grand Ballroom/Exhibit Hall	Atrium	Tiverton
8:30-9:30 am	Windee Weiss Balance Beam: Can I get a Connection?	Steve Arkell Common Traits of Great Vaulters and How to Develop Them	Youlia Coss The Art of Artistry	Nicole Langevin Teaching and Perfecting Compulsory Tumbling Passes & Back Extension Rolls	Annette Robert Koerth Backhandspring Drills and Progressions	Ken Harris The 3 C's of having a Terrific Staff: Culture, Character, and Conveyor Belt
9:45-10:45 am	Gail Caspare Xcel Mysteries: What is the real answer?	Windee Weiss You Want to See that Again? Then This is How You Say It! Effective Communication	Daniel Miranda Building Resilient Athletes: The Intersection of Smart Training and Injury Prevention	Nicole Langevin How to Teach Back Twisting	Brant Lutska Warm Ups, Games and FUN	Ken Harris Hiring and Training a Top Notch Staff in about 7 Days
11:00 am-12:00 pm	Windee Weiss Level 6/7 FX & BB: Separating the Excellent from Good: More than Requirements	Steve Arkell Basic to Advanced Front and Back Tumbling	Jamie Winkler Compulsory Floor Routine Text	Tom Bair Uneven Bar Stations: Drills for Skills for PreTeam & Xcel	Annette Robert Koerth Childhood Development, Class Management and Safety	Lena Ursova Tech That Transforms: Simplifying Operations with the Right Tools
12:30-2:00 pm	U407: Positive Coaching Alliance: Developing Competitors and Mental Wellness Through Positive Coaching					

Scan the QR code to fill out our survey.
Your feedback is appreciated!

